



*Mobile,*

*Agile,*

*Hostile*

The following programming is intended for general Strength and Conditioning of beginner to intermediate level athletes. In this regard, it is useful for a wide variety of goals, included but not limited to offseason general athletic development, lean bulking, and weight loss with minimal strength/size loss.

However, this program will not be optimal if you have very specific goals such as peaking for a powerlifting competition, getting prepared for a bodybuilding show, or shaving minutes off your marathon time. These are highly specific goals and require equally specific training methodologies. Look elsewhere if this description applies to you.

This program was written in a way that anyone with access to the barest bones gym can utilize it, and for good reason. As such, there is a large emphasis placed on barbell and dumbbell movements. Feel free to do smart substitutions such as a Swiss Bar for Close Grip Bench, Safety Squat Bar Good Mornings in place of Stiff Leg Deadlifts, or Prowler Pushes instead of Sprints. However, do not do some dumbass fuckery like hamstring curls in place of Deadlifts, or leg presses in place of Squats. Revolting against the modern world includes shunning globo gym machinery. I want you to be violently explosive and cockdiesel strong, one does not accomplish this via seated leg extensions. Sack up, honor your ancestors, get in the squat rack.

The program is structured as followed:

- Test or estimate your one rep max in Squat, Bench, and Deadlift
- Weeks 1-5 we are building up volume and intensity but you should not feel overreached
- Week 6 is a deload week. We will cut volume and intensity roughly by 50%
- Weeks 7-12 we are building up volume and intensity for the purpose of overreaching.
- Week 13 is a deload week. We will cut volume and intensity roughly by 40%
- Week 14, test one rep max
- Lather-Rinse-Repeat

In Weeks 1-5 if weight is not specified you should be aiming for a weight that will allow you to follow the reps x sets structure and stay two reps short of failure (2RSF). By failure we do not mean difficult, we mean one would need to put a gun to your head for you to get the last rep completed. In weeks 7-12 the weight should be increase s that you are one rep short of failure (1RSF). Whenever possible increase the weight on an exercise week after week, but do not fall outside of this 2RSF, 1RSF paradigm. Also, do not test your one rep max during the program before week 14, follow as written, you'll thank us for it later.

There are lots of great resources on nutrition but some simple guidelines start with the following:

- 1 gram of protein per pound of bodyweight, minimum
- 10-15 kcal per pound of bodyweight for cutting
- 15-17 kcal per pound of bodyweight for maintaining
- 17+ kcal per pound of bodyweight for gaining
- These are guidelines not rules, some must go deeper in a caloric deficit to lose, some must reach high in a caloric surplus to gain. Self-experimentation is key here.
- Flesh builds flesh. Veganism is an eating disorder. Act accordingly.
- Prioritize nutrient dense, unprocessed foods.

Have at it boys!

## WEEK 1

1	BENCH (PAUSED)			1 ARM DB ROW			DIPS			FACE PULL			LOADED SIDE CARRY		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	82.5	3			10-12			10			12			40YDS	
		3			10-12			10			12			40YDS	
		3			10-12			10			12			40YDS	
	80	5			10-12						12			40YDS	
		5		10-12						45LBS MIN					
		5													

2	SQUAT			STIFF LEGGED DL			OVERHEAD PRESS			CHIN UPS			W DB LUNGE + KB SWINGS		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	82.5	3		50	8		2	5		2	7			20/20	
		3		OF	8			5			7			20/20	
		3		DL	8			5			7			20/20	
	80	5		1RM	8									20/20	
		5											10 EACH LEG + 20 SWINGS		
		5											90 SEC RESTBTW RDS		

<b>3</b>	REST

WEEK 10															
4	INCLINE PRESS			CLOSE GRIP BENCH			FLAT DB FLY			STANDING DB LAT RAISE			FARMERS WALK + SHRUGS		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
		8			6			10			10			40YDS + 12	
		8			6			10			10			40YDS + 12	
		8			6			10			10			40YDS + 12	
					6									40YDS + 12	

5	DEADLIFT			FRONT SQUAT			POWER CLEAN			PENDLAY ROWS			
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	
	75	5			6			2			8		
		5			6			2			8		
		5			6			2			8		
			6			2							
					2								
					2								
				2									

<b>6</b>	5 X 30 YD SPRINTS, REST AS LONG AS NEEDED BETWEEN RDS

<b>7</b>	REST

WEEK 2															
1	BENCH (PAUSED)			1 ARM DB ROW			DIPS			FACE PULL			LOADED SIDE CARRY		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	82.5	3			10-12			10			12			40YDS	
		3			10-12			10			12			40YDS	
		3			10-12			10			12			40YDS	
		2			10-12		12		40YDS						
	80	5			10-12					12		45LBS MIN			
		5													
		5													
		4													
2	SQUAT			STIFF LEGGED DL			OVERHEAD PRESS			CHIN UPS			W DB LUNGE + KB SWINGS		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	82.5	3		52	8			5			7			20/20	
		3		OF	8			5			7			20/20	
		3		DL	8			5			7			20/20	
		2		1RM	8						7			20/20	
	80	5											10 EACH LEG + 20 SWINGS 90 SEC RESTBTW RDS		
		5													
		5													
		4													
3	REST														
4	INCLINE PRESS			CLOSE GRIP BENCH			FLAT DB FLY			STANDING DB LAT RAISE			FARMERS WALK + SHRUGS		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
		8			6			10			10			40YDS + 12	
		8			6			10			10			40YDS + 12	
		8			6			10			10			40YDS + 12	
				6								40YDS + 12			
5	DEADLIFT			FRONT SQUAT			POWER CLEAN			PENDLAY ROWS					
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT			
	+5 TO 10 LBS	5		70	6			2			8				
		5			6			2			8				
		5			6			2			8				
					6			2							
								2							
2															
6	6 X 30 YD SPRINTS, REST AS LONG AS NEEDED BETWEEN RDS														
7	REST														

## WEEK 3

1	BENCH (PAUSED)			1 ARM DB ROW			DIPS			FACE PULL			LOADED SIDE CARRY				
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT		
	85	3			10-12			10			12			40YDS			
		3			10-12			10			12			40YDS			
		3			10-12			10			12			40YDS			
	82.5	5			10-12						12			40YDS			
		5			10-12									45LBS MIN			
		5															

2	SQUAT			STIFF LEGGED DL			OVERHEAD PRESS			CHIN UPS			W DB LUNGE + KB SWINGS				
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT		
	85	3		54	8			5			7			20/20			
		3		OF	8			5			7			20/20			
		3		DL	8			5			7			20/20			
	82.5	5		1RM	8									20/20			
		5														10 EACH LEG + 20 SWINGS 90 SEC RESTBTW RDS	
		5															

<b>3</b>	REST

4	INCLINE PRESS			CLOSE GRIP BENCH			FLAT DB FLY			STANDING DB LAT RAISE			FARMERS WALK + SHRUGS		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
		8			6			10			10			40YDS + 12	
		8			6			10			40YDS + 12				
		8			6			10			40YDS + 12				
					6									40YDS + 12	

5	DEADLIFT			FRONT SQUAT			POWER CLEAN			PENDLAY ROWS			
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	
	+ 5 TO 10 LBS	5		70	6			2			8		
		5			6			2			8		
		5			6			2			8		
			6			2							
					2								
					2								
				2									

<b>6</b>	7 X 30 YD SPRINTS, REST AS LONG AS NEEDED BETWEEN RDS

<b>7</b>	REST


## WEEK 4

1	BENCH (PAUSED)			1 ARM DB ROW			DIPS			FACE PULL			LOADED SIDE CARRY		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	85	3			10-12			10			12			40YDS	
		3			10-12			10			12			40YDS	
		3			10-12			10			12			40YDS	
		2			10-12		12		40YDS						
	82.5	5		10-12								45LBS MIN			
5															
5															
4															

2	SQUAT			STIFF LEGGED DL			OVERHEAD PRESS			CHIN UPS			W DB LUNGE + KB SWINGS		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	85	3		55	8			5			7			20/20	
		3		OF	8			5			7			20/20	
		3		DL	8			5			7			20/20	
	82.5	5		1RM	8		5		7		20/20				
		5											10 EACH LEG + 20 SWINGS 90 SEC RESTBTW RDS		
		5													

3	REST

4	INCLINE PRESS			CLOSE GRIP BENCH			FLAT DB FLY			STANDING DB LAT RAISE			FARMERS WALK + SHRUGS		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
		8			6			10			10			40YDS + 12	
		8			6			10			10			40YDS + 12	
		8			6			10			10			40YDS + 12	
		8			6									40YDS + 12	

5	DEADLIFT			FRONT SQUAT			POWER CLEAN			PENDLAY ROWS			
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	
	+ 5 TO 10 LBS	5		70	6			2			8		
		5			6			2			8		
		5			6			2			8		
					6			2					
					2								
					2								
				2									

<b>6</b>	7 X 30 YD SPRINTS, REST AS LONG AS NEEDED BETWEEN RDS

7	REST

## WEEK 5

1	BENCH (PAUSED)			1 ARM DB ROW			DIPS			FACE PULL			LOADED SIDE CARRY		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	85	3			10-12			10			12			40YDS	
		3			10-12			10			12			40YDS	
		3			10-12			10			12			40YDS	
		3			10-12			10			12			40YDS	
	82.5	5			10-12										
5															
5															
5															

2	SQUAT			STIFF LEGGED DL			OVERHEAD PRESS			CHIN UPS			W DB LUNGE + KB SWINGS		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	85	3		56	8			5			7			20/20	
		3		OF	8			5			7			20/20	
		3		DL	8			5			7			20/20	
		3		1RM	8			5			7			20/20	
82.5	5											10 EACH LEG + 20 SWINGS 90 SEC RESTBTW RDS			
	5														
	5														
	5														

<b>3</b>	REST

4	INCLINE PRESS			CLOSE GRIP BENCH			FLAT DB FLY			STANDING DB LAT RAISE			FARMERS WALK + SHRUGS		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
		8			6			10			10			40YDS + 12	
		8			6			10			10			40YDS + 12	
		8			6			10			10			40YDS + 12	
		8			6									40YDS + 12	

5	DEADLIFT			FRONT SQUAT			POWER CLEAN			PENDLAY ROWS			
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	
	+ 5 TO 10 LBS	5		75	6			2			8		
		5			6			2			8		
		5			6			2			8		
					6			2			8		
							2						
							2						

<b>6</b>	7 X 30 YD SPRINTS, REST AS LONG AS NEEDED BETWEEN RDS

7	REST

## WEEK 6 (DELOAD)

1	BENCH (PAUSED)			1 ARM DB ROW			DIPS			FACE PULL			LOADED SIDE CARRY		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	60	3			10-12			10			12			40YDS	
		3			10-12			10			12			40YDS	
		3			10-12			12			40YDS				
	55	5												45LBS MIN	
		5													
5															

2	SQUAT			STIFF LEGGED DL			OVERHEAD PRESS			CHIN UPS			W DB LUNGE + KB SWINGS		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	60	3		45	8			5			7			20/20	
		3		OF	8			5			7			20/20	
		3												20/20	
	55	5												20/20	
		5												10 EACH LEG + 20 SWINGS	
		5											90 SEC RESTBTW RDS		

[illegible]

4	INCLINE PRESS			CLOSE GRIP BENCH			FLAT DB FLY			STANDING DB LAT RAISE			FARMERS WALK + SHRUGS		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
		8			6			10			10			40YDS + 12	
		8			6			10			10			40YDS + 12	
														40YDS + 12	
														40YDS + 12	
												40YDS + 12			
												40YDS + 12			

5	DEADLIFT			FRONT SQUAT			POWER CLEAN			PENDLAY ROWS			
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	
	60	5		65	6			2			8		
					6			2			8		

<b>6</b>	4 X 30 YD SPRINTS, REST AS LONG AS NEEDED BETWEEN RDS

<b>7</b>	REST

[illegible]



## WEEK 7

1	BENCH (PAUSED)			1 ARM DB ROW			DIPS			FACE PULL			LOADED SIDE CARRY		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	87.5	2			10-12			10			12			40YDS	
		2			10-12			10			12			40YDS	
		2			10-12			10			12			40YDS	
		3			10-12			10			12			40YDS	
	85	3			10-12			10			12			40YDS	
		3								55LBS MIN					
		3													
	82.5	5													
5															

2	SQUAT			STIFF LEGGED DL			OVERHEAD PRESS			CHIN UPS			W DB LUNGE + KB SWINGS		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	87.5	2		60	6			5			7			20/20	
		2		OF	6			5			7			20/20	
		2		DL	6			5			7			20/20	
		3		1RM	6			5			7			20/20	
	85	3					5					10 EACH LEG + 20 SWINGS 90 SEC RESTBTW RDS			
		3					5								
	82.5	5													
		5													

<b>3</b>	REST
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4	INCLINE PRESS			CLOSE GRIP BENCH			FLAT DB FLY			STANDING DB LAT RAISE			FARMERS WALK + SHRUGS		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
		8			5			10			12			40YDS + 12	
		8			5			10			12			40YDS + 12	
		8			5			10			12			40YDS + 12	
		8			5			10			12			40YDS + 12	
					5									40YDS + 12	

5	DEADLIFT			FRONT SQUAT			POWER CLEAN			PENDLAY ROWS			
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	
	85	3			4			2			6		
		3			4			2			6		
		3			4			2			6		
	5		4			2			6				
	82.5	5						2					
		5					2						
5			2										

<b>6</b>	5 X 40 YD SPRINTS, REST AS LONG AS NEEDED BETWEEN RDS
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<b>7</b>	REST
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## WEEK 8

1	BENCH (PAUSED)			1 ARM DB ROW			DIPS			FACE PULL			LOADED SIDE CARRY		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	87.5	2			10-12			12			12			40YDS	
		2			10-12			12			40YDS				
		2			10-12			12			40YDS				
		2			10-12			12			40YDS				
	85	3			10-12									55LBS MIN	
3															
3															
3															
82.5	5														

2	SQUAT			STIFF LEGGED DL			OVERHEAD PRESS			CHIN UPS			W DB LUNGE + KB SWINGS		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	87.5	2		62.5	6			5			7			20/20	
		2		OF	6			5			7			20/20	
		2		DL	6			5			7			20/20	
		2		1RM	6			5			7			20/20	
	85	3					5					10 EACH LEG + 20 SWINGS 90 SEC RESTBTW RDS			
3															
3															
3															
82.5	5														

<b>3</b>	REST
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4	INCLINE PRESS			CLOSE GRIP BENCH			FLAT DB FLY			STANDING DB LAT RAISE			FARMERS WALK + SHRUGS		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
		8			5			10			12			40YDS + 12	
		8			5			10			12			40YDS + 12	
		8			5			10			12			40YDS + 12	
		8			5			10			12			40YDS + 12	
		8			5									40YDS + 12	

5	DEADLIFT			FRONT SQUAT			POWER CLEAN			PENDLAY ROWS			
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	
	85	3			4			2			6		
		3			4			2			6		
		3			4			2			6		
		3			4			2			6		
	82.5	5					2						
		5					2						
		5					2						

<b>6</b>	6 X 40 YD SPRINTS, REST AS LONG AS NEEDED BETWEEN RDS
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<b>7</b>	REST
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## WEEK 9

1	BENCH (PAUSED)			1 ARM DB ROW			DIPS			FACE PULL			LOADED SIDE CARRY		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	90	2			10-12			12			12			40YDS	
		2			10-12			12			40YDS				
		2			10-12			12			40YDS				
		3			10-12			12			40YDS				
	87.5	3			10-12									55LBS MIN	
		3													
3															
3															

2	SQUAT			STIFF LEGGED DL			OVERHEAD PRESS			CHIN UPS			W DB LUNGE + KB SWINGS		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	90	2		65 OF DL 1RM	6			5			7			20/20	
		2			6			5			7			20/20	
		2			6			5			7			20/20	
		2			6			5			7			20/20	
		2					5					10 EACH LEG + 20 SWINGS 90 SEC RESTBTW RDS			
	87.5	3													
3															
		3													

<b>3</b>	REST

4	INCLINE PRESS			CLOSE GRIP BENCH			FLAT DB FLY			STANDING DB LAT RAISE			FARMERS WALK + SHRUGS		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
		8			5			10			12			40YDS + 12	
		8			5			10			12			40YDS + 12	
		8			5			10			12			40YDS + 12	
		8			5			10			12			40YDS + 12	
		8			5									40YDS + 12	
					5										
					5										

5	DEADLIFT			FRONT SQUAT			POWER CLEAN			PENDLAY ROWS			
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	
	87.5	3			4			2			6		
		3			4			2			6		
		3			4			2			6		
		3			4			2			6		
	85	5						2					
		5						2					
		5											

<b>6</b>	7 X 40 YD SPRINTS, REST AS LONG AS NEEDED BETWEEN RDS

<b>7</b>	REST

[illegible]

## WEEK 10

2	SQUAT			STIFF LEGGED DL			OVERHEAD PRESS			CHIN UPS			W DB LUNGE + KB SWINGS			
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	
	90	2		65	6			5			7			20/20		
		2		OF	6			5			7			20/20		
		2		DL	6			5			7			20/20		
	87.5	3		1RM	6			5			7			20/20		
		3						5						10 EACH LEG + 20 SWINGS 90 SEC RESTBTW RDS		
		3														
3																

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## WEEK 11

1	BENCH (PAUSED)			1 ARM DB ROW			DIPS			FACE PULL			LOADED SIDE CARRY		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	95	1			10-12			12			12			40YDS	
		1			10-12			12			12			40YDS	
	92.5	2			10-12			12			12			40YDS	
		2			10-12			12			12			40YDS	
		2			10-12									55LBS MIN	
		2													
	87.5	3													
		3													
3															

2	SQUAT			STIFF LEGGED DL			OVERHEAD PRESS			CHIN UPS			W DB LUNGE + KB SWINGS		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	97.5	1		65	6			5			7			20/20	
		1			6			5			7			20/20	
	95	2		1RM	6			5			7			20/20	
		2			6			5			7			20/20	
		2			6			5			7			20/20	
		2												10 EACH LEG + 20 SWINGS 90 SEC RESTBTW RDS	
	90	3													
		3													

3	REST

4	INCLINE PRESS			CLOSE GRIP BENCH			FLAT DB FLY			STANDING DB LAT RAISE			FARMERS WALK + SHRUGS		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
		8			5			10			12			40YDS + 12	
		8			5			10			12			40YDS + 12	
		8			5			10			12			40YDS + 12	
		8			5			10			12			40YDS + 12	
		8			5									40YDS + 12	
					5										

5	DEADLIFT			FRONT SQUAT			POWER CLEAN			PENDLAY ROWS			
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	
	92.5	1			4			2			6		
		1			4			2			6		
	90	2			4			2			6		
		2			4			2			6		
		2					2						
		2					2						
		2					2						
	87.5	3											
3													

<b>6</b>	7 X 50 YD SPRINTS, REST AS LONG AS NEEDED BETWEEN RDS

<b>7</b>	REST

[illegible]

## WEEK 12

1	BENCH (PAUSED)			1 ARM DB ROW			DIPS			FACE PULL			LOADED SIDE CARRY		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	95	1			10-12			12			12			40YDS	
		1			10-12			12			12			40YDS	
	92.5	2			10-12			12			12			40YDS	
		2			10-12			12			12			40YDS	
		2			10-12									55LBS MIN	
		2													
	87.5	3													
		3													
3															

2	SQUAT			STIFF LEGGED DL			OVERHEAD PRESS			CHIN UPS			W DB LUNGE + KB SWINGS		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	97.5	1		65 OF DL 1RM	6			5			7			20/20	
		1			6			5			7			20/20	
	95	2			6			5			7			20/20	
		2			6			5			7			20/20	
		2			6			5							
		2													
	90	3											10 EACH LEG + 20 SWINGS 90 SEC RESTBTW RDS		
		3													

<b>3</b>	REST
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4	INCLINE PRESS			CLOSE GRIP BENCH			FLAT DB FLY			STANDING DB LAT RAISE			FARMERS WALK + SHRUGS		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
		8			5			10			12			40YDS + 12	
		8			5			10			12			40YDS + 12	
		8			5			10			12			40YDS + 12	
		8			5			10			12			40YDS + 12	
		8			5									40YDS + 12	
				5											
			5												

5	DEADLIFT			FRONT SQUAT			POWER CLEAN			PENDLAY ROWS			
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	
	92.5	1			4			2			6		
		1			4			2			6		
	90	2			4			2			6		
		2			4			2			6		
		2					2						
		2					2						
	2		2										
	87.5	3											
3													

<b>6</b>	7 X 50 YD SPRINTS, REST AS LONG AS NEEDED BETWEEN RDS
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<b>7</b>	REST
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## WEEK 13 (DELOAD)

1	BENCH (PAUSED)			1 ARM DB ROW			DIPS			FACE PULL			LOADED SIDE CARRY		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	50	3			10-12			12			12			40YDS	
		3			10-12			12			40YDS				
		3									12			40YDS	
											12			40YDS	
												55LBS MIN			

2	SQUAT			STIFF LEGGED DL			OVERHEAD PRESS			CHIN UPS			W DB LUNGE + KB SWINGS		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	50	3		40 OF	6			5			7			20/20	
		3			6			5			7			20/20	
		3												20/20	
		3												20/20	
		3												20/20	
												10 EACH LEG + 20 SWINGS			

3	REST														
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4	INCLINE PRESS			CLOSE GRIP BENCH			FLAT DB FLY			STANDING DB LAT RAISE			FARMERS WALK + SHRUGS		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
		8			5			10			12			40YDS + 12	
		8			5			10			12			40YDS + 12	
														40YDS + 12	
														40YDS + 12	
														40YDS + 12	
												40YDS + 12			

5	DEADLIFT			FRONT SQUAT			POWER CLEAN			PENDLAY ROWS			
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	
	60	3			4			2			6		
		3			4			2			6		
		3			4			2			6		
		3			4			2			6		
		3					2						
							2						

6	3 X 50 YD SPRINTS, REST AS LONG AS NEEDED BETWEEN RDS														
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7	REST														
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## WEEK 14

RE-MAX ON SQUAT, BENCH, AND DEADLIFT